

McGuire Airtides



Vol. 56, No. 44

McGuire AFB, NJ

Nov. 4, 2005



Photo by Kenn Mann

Photo by Airman 1st Class Rachel Martinez

A McGuire crewchief marshals in a KC-10 arriving in Alpena, Mich., Saturday to transport troops home from the Inspectors General Exercise portion of the Operational Readiness Inspection. The KC-10 was one of several aircraft that transported troops from Alpena to McGuire after the conclusion of the IGX. The inspection ran from Oct. 23 to Sunday. For more on the ORI, see page 5. Inset: McGuire troops exit the aircraft that carried them home Saturday. More than 1,200 troops returned home Saturday and Sunday from the IGX.

AMC award

Fuels flight nominated for command-level award

9

Pregnancy 101

Family advocacy class prepares parents for life during, after pregnancy

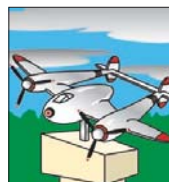
13

Eagle Flag

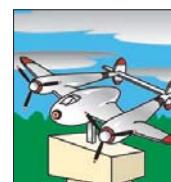
Exercise prepares Airmen for possible deployments

14,15

Weekend Weather



Saturday:
High 69°
Low 48°
Partly cloudy



Sunday:
High 65°
Low 45°
Partly cloudy, chance of afternoon showers

Commander thanks Team McGuire for job well done

Team McGuire, thank you for a job extremely well done!

Your focus on safety, sense of urgency and attitude made the difference in our successful Operational Readiness (ORI) inspection. Our ORI is a remarkable testament to the teamwork among the 514th and 305th Air Mobility Wings, along with our partners from the 130th Airlift Wing at Charleston, W.Va., who operated our deployed Wing Operations Center. In fact, the 305th and 514th AMWs are the first active and associate reserve team in Air Mobility Command to conduct the full-spectrum of the ORI together. Our success in this ORI was borne of your hard work and months of planning, and we are now a more mission-ready team! Take great pride in being a part of

Team McGuire— the team that "rocked" in the ORI!

Next week, we look forward to the IG team giving us our final ORI outbrief. The 514th AMW will receive their "scorecard" 9 a.m. Thursday at the base theater. The 305th AMW will hear the final results at 10:30 a.m. Thursday at the same location.

As an early celebration of our success, come on out to Three-Bay today at 3:30 p.m. for some food and entertainment. There will be plenty of food and children's activities, so bring your whole family out for an afternoon of fun. A special thanks goes out to the 305th Services Squadron and Armed Forces Entertainment for bringing Aaron Tippin here to perform for us.

Speaking of celebration, congratulations to our Team McGuire

quarterly awards winners. Let's join them at the enlisted club today at 2:30 p.m. to let them know we appreciate the hard work they've done for the last several months.

Other "winners" are the tremendous group of Airmen who graduated from Airman Leadership School Tuesday. Great job on your success in completing a significant milestone in your leadership training. Keep up your attitude of excellence that brought you to this pivotal moment in your careers.

Today we welcome Lt. Gen. Chris Kelly, our Air Mobility Command vice commander, to Team McGuire. General Kelly is the guest speaker at the 621st Contingency Response Wing dining out tomorrow evening.

The CRW has been doing a phenomenal job providing mobility

capability and humanitarian relief for hurricane and earthquake victims around the world. It's great to be partnered with the mobility professionals of the 621st CRW!

Next weekend, we celebrate Veterans' Day. As we enjoy a long weekend, I also encourage each of you to honor our country's veterans in a special way. Our veterans have made so many sacrifices — some the ultimate sacrifice — so let's take time to reflect on the contributions these warriors have made to make our nation free.

You are today's warriors, and I'm proud to serve with you, Team McGuire! You and your families make a difference in the Air Force's global mobility mission. Can Do!

— Col. Rick Martin

305th Air Mobility Wing commander



Photo by Kenn Mann

Col. Rick Martin, 305th Air Mobility Wing commander, and Col. Jimmy Stewart, 514th Air Mobility Wing commander, greet troops returning from the Operational Readiness Inspection Saturday. More than 1,200 troops deployed to Alpena, Mich., to participate in the Inspectors General Exercise portion of the ORI from Oct. 24 to Sunday.

Did you know?

This week, in 1948, McGuire became a fully functional installation for the first time since World War II. The 91st Strategic Reconnaissance Wing activated along with its 91st Air Base Wing and supporting activities. The wing brought its RB-29s to McGuire.

The first "Airtides" also began this week in 1948 as a mimeographed newsletter.

Action Line

The Action Line is an integral part of the base feedback network. Use the chain of command first to address your concerns.

If you are not satisfied with the response or you are unable to resolve the problem or concern, call the Action Line at 754-3247 or send an e-mail to action.line@mcguire.af.mil.

Leave your name and number in case more information from you is needed to address your concern.

McGuire Airtides

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The deadline for editorial submissions is 4:30 p.m. Thursday a week before publication. No submissions are guaranteed to print. All photos are U.S. Air Force photos unless otherwise indicated. All articles should be provided electronically via e-mail or disk.

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SJA reemphasizes sexual assault prevention

By Lt. Col. Del Grissom
305th Air Mobility Wing
staff judge advocate

Preventing sexual assaults in the Air Force and at McGuire is a topic that has been in the forefront of many minds this past year. From the publicity surrounding the Air Force Academy sexual assault investigations, to the ongoing sexual assault prevention training, our leaders and all Airmen are rightly concerned about ways to stay safe and avoid being a victim or having allegations made against them.

As the staff judge advocate for the 305th Air Mobility Wing, my staff and I are heavily engaged in many aspects of this issue, and are intensely interested in working with commanders and other agencies on base to ensure a safe environment. I want to share a few thoughts with you about the topic of sexual assault prevention.

The use and abuse of alcohol figures into a high number of sexual assault incidents and complaints. The use of alcohol at parties or intimate situations greatly increases the likelihood that inhibitions will be lowered and judgment will be impaired. Do all you can to limit or preclude this risk when socializ-

ing or out with friends. If you are of age, be aware of how alcohol affects you — no one I know makes their best decisions while under the influence of alcohol. If you aren't of age to drink, my next point applies.

Laws aimed at keeping our young people from drinking are there for a reason. Too many promising careers have been harmed by a decision to begin drinking while under the legal age. Having been both a defense counsel and a

prosecutor during my JAG career, I can personally attest to the deep regret many Air Force members have felt, because they didn't say no to the temptation of underage drinking. It is vitally important for all Airmen to remember that even if you make a bad choice to drink, while still underage, that decision does NOT give someone the right to commit a sexual assault against you, nor does it give you a good

reason not to report such a criminal act.

Trust your commander to tell the difference between an underage drinker and a sexual predator, as well as to pick the right administrative or discipli-

nary action in light of the relative seriousness of the two crimes.

Keep in mind that the "buddy system" works for both males and females. Be a "wingman" to your friends at social settings if you see them getting into a potentially risky situation. Without getting too involved

in a friend's personal life, a well-placed word of concern before anything happens could make a big difference in saving your friend and others a lot of trouble or pain.

Some very basic lessons can be learned and shared about this very serious topic. Never force, pressure or coerce anyone into sex. Don't take mere silence as consent to any sexual act, and share your feelings with your partner at all times.

Respect the words "NO" and "STOP."

Following these simple guidelines can help ensure you do not become a victim or become suspected of being a sexual predator.

Based on the knowledge gained as the staff judge advocate this past year, I am confident that reports of sexual assault will be pursued by investigators and brought forward for decision by commanders at McGuire, if the victim chooses to make an unrestricted report. While not every reported assault will wind up at a general court-martial, all sexual assaults and other crimes should be reported. If unrestricted, the report will be investigated for appropriate administrative or disciplinary action by the suspect's commander.

Please do not expose yourself to being a sexual assault victim, and do not put yourself in danger of having allegations made against you because you disregarded the advice from friends or leadership on this very important matter.

Help raise awareness and understanding about sexual assault prevention within your unit and among your friends.

Let's all make McGuire a better place to live and work in 2005, and beyond.

"Be a 'wingman' to your friends at social settings if you see them getting into a potentially risky situation."

Lt. Col. Del Grissom
305th AMW staff judge advocate

Airmen represent Air Force to everyone they meet

By Col. Joseph Zeis Jr.
46th Test Wing commander

EGLIN AIR FORCE BASE, Fla. — A couple of years ago, my family and I were having dinner in a restaurant. I had just met them there following work and had not changed from my uniform. An elderly gentleman kept looking over and finally came over to me.

He simply said, "I just want to thank you for your service to our country."

It clearly meant a lot to him, and to me as well. I shook his hand and asked him rather awkwardly if he had ever served in the military.

"Why yes, but some time ago during World War II," he said. "We didn't have all the demands on us that you do today."

I asked him to tell us a little about his time in the service. He went on to explain about the flag raising on Iwo Jima and the famous Rosenthal photo. His company guarded the flag that first night after it was raised.

And he was thanking me for my service!

This event made me think of our current gener-

ation and its service to this country. In some very distinct ways, we face very similar global responsibilities and demands. As I see our young officers and enlisted troops mature and grow professionally in rank and responsibility, I often think of that amazing encounter.

To that elderly gentleman who guarded the flag over Iwo Jima, I came to represent, rightly or wrongly, at that instant in time, our generation of service to the same flag he defended.

We each must always bear that responsibility, burden and honor. To everyone we meet on or off base, in uniform or out, we embody an entire generation in service to our country. Every Airman represents the heritage of this great base, the lineage of the magnificent wings that comprise this center, and in a very real sense, we each, individ-

"Serve to make those who came before us ... proud of the contributions of this generation, to the flag and the country."

Col. Joseph Zeis Jr.
46th Test Wing commander

ually, represent the entire United States Air Force.

This Air Force has been in action continuously since 1991 and has become the single most potent fighting force in the history of the world. But we follow a great tradition of service and must respect and honor those who came before us — the veterans of the world wars, Korea, Vietnam, Gulf I and II and all those who serve

now. As Veterans' Day approaches, I ask you to consider this and rededicate yourselves to the tasks ahead.

Thank your families and friends for their support and their sacrifices. But most importantly, serve to make those who came before us, like that elderly gentleman in the restaurant, proud of the contributions of this generation, to the flag and the country. Thank you for your service.

Members return from readiness inspection

By Senior Airman Ashley DiFalco
Public Affairs Specialist

More than 1,200 Airmen from McGuire and surrounding support bases returned from a week-long Operation Readiness Inspection Saturday and Sunday.

The 305th Air Mobility Wing's ORI results will be briefed Nov. 10, at 10:30 a.m., at the base theater.

The ORI, held in Alpena, Mich., was conducted

to evaluate the ability of units, with a wartime contingency, or force sustainment mission, to perform assigned operational missions.

It was the first inspection the entire base has had in five years.

Airmen from McGuire and the other participating bases have been practicing for months, and were prepared to show the Air Mobility Command Inspector General team what they learned.

"A huge effort has been undertaken by everyone on base," said Col. Robert Dubek, 305th Mission Support Group commander. "Over the

last year, the men and women of Team McGuire have gone the extra mile in preparing for this inspection. Weekly meetings have been conducted with reps from each functional area, and a site visit was conducted to Alpena in order to familiarize 'key players' with the facilities and available resources."

In addition, McGuire has also participated in two-fly away mobility exercises, held a local MOBEX, an exchange-zone test, multiple table-top exercises, battle-axe training and base-wide Ability To Survive and Operate quizzes, he said.

AF announces fiscal 2006 CJR quotas

RANDOLPH AIR FORCE BASE, Texas — The Air Force announced the fiscal 2006 quotas for the career job reservation program recently, adding three Air Force Specialty Codes to the constrained list, while releasing 13 others.

Reenlistment eligible first-term Airmen who apply for a CJR in the constrained AFSCs will be added to a waiting list and compete for monthly quotas based on a rank order process.

All first-term Airmen must be selected for reenlistment by their commander under the Selective Reenlistment Program to apply for a CJR and must have a CJR to reenlist.

Airmen serving in any of the constrained career fields will not be allowed to reenlist without a CJR, unless they are

approved for a special duty or retrain into another specialty.

Those who applied for retraining but were not selected, and do not receive a CJR in their current AFSC at the end of their CJR window, may re-apply for retraining or a special duty no later than 30 days after the end of their CJR window. Otherwise, they will be projected for separation.

Quotas for constrained AFSCs will be posted monthly and updated as required on the Air Force Personnel Center's reenlistment Web site.

For more information, contact the McGuire military personnel flight reenlistment office or visit the AFPC Web site at www.afpc.randolph.af.mil/enl-skills/Reenlistments/CJR.htm.

— Courtesy of AFPC
News Service

Change in office hours

The McGuire reenlistment and extension element office hours have changed.

Hours for appointments will be Monday through Friday, from 7:30 to 10 a.m. and noon to 2:30 p.m., with walk-in hours from 10 a.m. to noon.

Appointments can be made by calling the appointment line at 754-3218.

For more information, call 754-3071 or 754-3046.

Chapel to host motivational speaker, Team McGuire encouraged to attend

By Senior Airman
Dilia DeGrego
Editor

McGuire chapel services will host a special speaker Nov. 13 at 11 a.m. in Chapel I.

Robert Rogers, a singer, songwriter, pianist and public speaker, will share his story of tragedy and hope, love and loss with the McGuire community.

During his speech, Mr. Rogers challenges people to "Live a Life of No Regrets" through his family's testimony. Mr. Rogers lost his entire family in a fatal flash-flood accident in 2003.

Since the accident, he has dedicated his life to sharing his message of living life

without regrets through "Mighty in the Land" ministry, which he founded, according to his Web site www.mightyintheland.com.

Moved by his message of hope, Chaplain (Capt.) Chad Bellamy helped organize Mr. Rogers' visit.

"I was truly taken away by his inspirational message of hope and his trust in God as he triumphed over tragedy," he said. "His message could really truly touch and maybe even change many people's lives. I highly encourage everyone to come out and bring a friend."

This event is free of charge. Members are encouraged to come early. Seating availability is limited.

National Native American Heritage Month kicks off here Thursday

By Senior Airman
Dilia DeGrego
Editor

Team McGuire kicked off National Native American Heritage Month Thursday.

The McGuire Native American Heritage Committee hosted arts and crafts activities at Child Development Center II to begin the annual month-long observance.

National Native American Heritage Month recognizes how Native Americans have contributed and shaped society, whether it is a part of history, names, places, symbols, foods, traditions and their commitment to the armed forces.

"People don't realize that in the United States there are more than 550 federally recognized tribes, including 223 village groups in Alaska," said Staff Sgt. Isaac Frazier, 305th Maintenance Operation Squadron quality assurance inspector and McGuire Native American Heritage Committee member. "In today's society, Native Americans who join the armed forces and choose to serve and die for their country are held in very high regard in their respective tribe's eyes. To be a veteran is a revered status."

Throughout the month, McGuire members are encouraged to become aware of Native American contributions, said Georgia Dupis, 305th Security Forces Squadron reports and

analysis clerk and committee member.

"Why not educate yourself about another's culture, and acknowledge the diversity the military provides as we are one team and co-exist with one another?" Ms. Dupis asked. "You may learn something that is not taught in the books about other cultures. I learn a lot from natives of other tribes."

In an effort to promote awareness, the committee will host various events and activities. All of Team McGuire is invited to attend.

Activities include cultural and book displays throughout November at the base library. On Nov. 15 from 6 to 8 p.m., the library will host two people from the Lakota and Cherokee Tribes, who

will model, dance and share their culture. Then, on Nov. 17 at 11:30 a.m. at the enlisted club ballroom, McGuire members are encouraged to attend a free Native American food-tasting event. During the food-tasting event, from noon to 1 p.m., attendees will have the opportunity to enjoy a performance by Tchin from the Narangansett and Blackfeet Tribe. He is an accomplished metalsmith, author, flute maker, educator, lecturer, folklorist, musician, entertainer and clothes maker.

To become a member of or for more information on the McGuire Native American Heritage Committee, call Georgia Dupis at 754-2214, or call Staff Sgt. Maria Frazier at 754-3145.

Crime Stoppers



McGuire security forces responded to the following calls Oct. 22 to 28. Members with any information about the events listed below should call the security forces investigation section at 754-4057.

Oct. 22

- An individual reported a minor vehicle collision in the base theater parking lot. The investigation revealed that vehicle one was backing out of a parking spot when it struck vehicle two. Damage to vehicle one consisted of scratches to the front passenger side bumper. Damage to vehicle two consisted of multiple scratches. No citations were issued.

- An AAFES gas station attendant reported that an individual driving a black Honda Accord drove off without paying for \$20 worth of gas. Security forces attempted to find the suspect but didn't find him.

- An individual reported that the wife of an active-duty member was involved in a domestic altercation with her husband. The wife said that after leaving their home, her husband reopened the door and struck her on the head and foot. The active-duty member was detained for Article 128/Assault.

- The enlisted club manager reported that several customers would not leave the club. Security forces responded, spoke with the manager and ensured all was in order for closing.

Oct. 23

- An individual reported loud noises coming from a hallway in Building 2606. Upon arrival, security forces spoke with the individuals involved, and the Airman who made the phone call. The accused Airman admitted to assaulting another Airman. He was immediately detained.

- An AAFES gas station attendant reported that an individual driving a purple Dodge Intrepid drove off without paying for \$15.40 worth of gas. Security forces attempted to find the suspect but didn't find him.

Oct. 24

- An individual reported a minor vehicle collision next to Building 1712. The investigation revealed that vehicle one was attempting to turn north on Fire Lane when it sideswiped vehicle two, parked on the access road next to Fire Lane. The driver of vehicle one was issued a citation for inattentive driving.

- A civilian employee reported she was assaulted by her supervisor. The incident is under investigation.

Oct. 25

- A security forces member at Broidy Gate reported that an individual drove onto McGuire without being waived on or having his ID checked. Security forces stopped the individual, who said he thought the gate guard waived him in. Security forces verified that he had valid ID card and briefed him on entry procedures.

Oct. 26

- An individual reported that unknown person(s) damaged her car while parked in the rear parking lot of the base exchange. She said she last saw her car without damage Oct. 25 about noon.

- An AAFES detective reported that a 10-year-old child was detained for shoplifting. The child was issued a suspension of privileges for six months.

- An individual reported a minor vehicle collision in the parking lot next to Building 2901. The investigation revealed that vehicle one was backing up and struck vehicle two. Damage to vehicle two consisted of a broken rear passenger side tail light and a scratch next to the tail light. There was no apparent damage to vehicle one.

- An individual reported a minor vehicle collision at Broidy Circle. The investigation revealed that vehicle one entered the circle without yielding to the right of way of vehicle two. As a result, it struck vehicle two.

- An individual reported he hit a handicapped sign in the gym parking lot. The investigation revealed, he was attempting to make a U-turn in the parking lot and hit the sign because he didn't see it. The handicapped sign pole was bent.

Oct. 27

- An individual reported a minor vehicle collision in the rear of the BX. The driver was backing up to the customer service loading dock, when the driver accelerated lunging the car over a concrete wall and also striking a propane tank cage. Damage to the vehicle consisted of a ruptured rear passenger tire along with a bent rim. There was also damage to the muffler, tailpipe and possibly the fuel line. Damage to the propane tank was minor.

Oct. 28

- An individual reported that an unauthorized car was seen driving on Flight Line Road next to Building 1801. Security forces contacted the driver of the car and thoroughly briefed him on flightline driving pro-

Phone scam

Team McGuire members encouraged to stay alert

McGuire members are encouraged to be on the lookout for a prominent phone scam.

The "Jury Duty Scam" is being used by thieves to trick people into revealing personal information.

The scammer calls the home or office of the victim and identifies himself as an officer or employee of the local court or jurisdiction. The scammer then tells the victim he or she has failed to report for jury duty and a bench warrant has been issued for his/her arrest.

"Upon receiving this information, quite often, the victim is shocked or surprised," said Capt. Elwood "Lee" Waters, 305th Air Mobility Wing judge advocate chief of civil law. "This immediately places him or her at a disadvantage, making them more susceptible to the scam. The victim usually will deny any knowledge of this claim and that no notification was ever received."

The scammer then reassures the victim that this may be "just a misunderstanding" or "some clerical error," that can be cleared up over the phone. All they need to do is "verify" their information with a

few simple questions.

Should the victim show any hesitation, the scammer will threaten with the immediate execution of the arrest warrant.

The scammer then obtains names, social security numbers, dates of birth and will also solicit credit card and bank account numbers, claiming that these will be used by their credit bureau to "verify" the victim's identity.

Members are encouraged to not only look out for themselves, but also their family members, said Captain Waters. Family members who receive such calls are especially vulnerable to intimidation. Threats against their sponsor's military career are frightening and often persuasive.

"Airmen, civilian employees and family members need to be aware of this threat," he said. "Legitimate court employees *never* call to solicit information and would send official notifications by standard mail delivery."

Any person who receives this phone call should record the scammer's phone number, and immediately report it to security forces or the office of special investigations.

— Courtesy of 305th AMW/JA

Graphic illustration courtesy of the Air Mobility Warfare Center Multimedia office

Congratulations to McGuire's most recent NCOA graduates

Congratulations to the following Team McGuire technical sergeants on their graduation from the McGuire Noncommissioned Officer Academy, on Oct. 27.

Distinguished graduates

**United States Air Force
Expeditionary Operations School**
Jeffrey Ball

305th Air Mobility Wing
Mikal Canfield

421st Combat Training Squadron
John Pickford II

305th Security Forces Squadron
Christine Boysen

305th Communications Squadron
Scott Brownrigg
Darian Sparks

305th Logistics Readiness Squadron
Chad Burke
Crystal Dykes
Jonathan Ford
David Williamson

421st CTS
Warren Frank
Christopher Rey
Thomas Underwood

816th Global Mobility Squadron
Andrew Hultine

605th Aircraft Maintenance Squadron
Charles Lauber

819th Global Support Squadron
Alton Prayer

305th Civil Engineer Squadron
Erik Sanguinito

305th Dental Squadron
Samuel Shrewsbury

**United States Air Force
Mobility Operations School**
Daniel Spain

21st Air Mobility Operations Squadron
Christopher Strawder
Michael Tadeo
Christopher Wenner

6th Airlift Squadron
Andrew Wollenzin

— Names courtesy of the McGuire NCOA

ALS class 50-H graduates

Congratulations to the graduates of McGuire Airman Leadership Class 05-H.

The class graduated during a ceremony Tuesday in the enlisted club ballroom.

Award recipients

John L. Levitow Award recipient
Kelly White
305th Air Mobility Wing

Distinguished graduate and academic award recipient

Jasmine Barnes
305th Communications Squadron

Distinguished graduate and leadership award recipient

Adam Crepeau
605th Aircraft Maintenance Squadron

Distinguished graduate

Jodi Grimm
605th AMXS

Distinguished graduate

Suzette Skrecz
305th Medical Support Squadron

Drill competition award recipient

Jeremy Fernandez
817th Contingency Response Group

305th Medical Operations Squadron
Jesus Amador

305th Operations Support Squadron
Travis Arnold

305th CS
Michael Devin
Matthew Lambert

305th Aerospace Medicine Squadron
Cassandra Besabe

305th Maintenance Operations Squadron
Kimberly Brown

305th Maintenance Squadron
Dennis Eberly
Itumeleng Khasane
Michael Ruppert

605th AMXS
Rodney Crable
Jason Fitch
Jacob Grams

Jodi Grimm
Lori Isaac
Eric Lambert
Eddie Robinson
Javier Torres

305th Logistics Readiness Squadron
Allan Davis
Tiffany Johnson
Richard Pinsker
Orville Toller

305th Mission Support Squadron
Megan Garey

305th Civil Engineer Squadron
David Gauntlett
Leslie Glandon

**United States Air Force
Expeditionary Operations School**
Ryan Harrison

21st Air Mobility Operations Squadron
Adam Jensen
Bret Kunkle

Air Mobility Warfare Center
Ericka Khudakivsky

20th Air Support Operations Squadron
Matthew Krieger

305th Aircraft Maintenance Squadron
Jeremy Lagge
David Ritchie
Richard Slifer

816th Global Mobility Squadron
Premchand Mangaru
Jerry Smalls

305th Aerial Port Squadron
Regina McFarland
Scott Petty

305th Security Forces Squadron
Luis Ramos

819th Global Support Squadron
Bryant Reddick

818th Global Mobility Squadron
Zamora Villarreal

305th Maintenance Group
John Whittaker

— Names courtesy of the McGuire ALS



**McGuire First Sergeants'
Council Diamond Sharp
Award for
Leadership**



Senior Airman David Baldwin
2nd Air Refueling Squadron



**Professional Attitude
Staff Sgt. Evelyn Ronceros**
305th Services Squadron

Holiday message for Airtides

It is a time-honored tradition to give thanks during the holiday season, and the **Airtides** staff wants to know what Team McGuire is thankful for.

All members are invited to send a message, 20 words or less, detailing what they are thankful for to airtides@mcguire.af.mil.

All messages need to be turned in no later than noon Nov. 16 and will be printed in the Nov. 23 issue of the **Airtides**.

— Information courtesy of the **Airtides** staff

Fuels shop nominee for best in AMC

By Senior Airman Dilia DeGrego
Editor

McGuire's 305th Logistics Readiness Squadron Fuels Management Flight is currently a finalist for Air Mobility Command's William N. Penton Trophy Award.

The award recognizes the best fuels management flight in Air Mobility Command.

Selected from the 12 AMC bases, McGuire will compete against McChord Air Force Base, Wash., in the final stage for the award.

The more than 90 members of the fuels flight are separated into different sections, to include distribution, bulk storage, hydrants, compliance

and environmental, training and support, resource control center and the fuels laboratory. Each year, the flight dispenses more than 60 million gallons of JP-8 aviation fuel to home-station and transient aircraft customers.

"Our business is what powers the facilities, vehicles, ground equipment and aircraft," said Capt. Matt Cowart, 305th LRS Fuels Management Flight commander. "Our troops deploy on a steady basis, and every time they do, deployed base fuels managers all send kudos to us raving about how good the men and women from Team McGuire are. Our team is more than ready for this inspection, and we plan to show the inspectors just that."

During the two-day inspection, the flight will be evaluated on their unique accomplishments, technical expertise, outstanding mission support and community and base involvement.

In preparation, the flight has been busy doing some last-minute tweaks, said Master Sgt. Michael Downs, 305th LRS fuels information support center section chief.

"We've been working hard to prepare for the visit," the sergeant said. "We are constantly trying to improve our processes to ensure the quality of our work is nothing less than the best."

Chief Master Sgt. Timothy Daigle, 305th LRS chief enlisted manager, who recently relinquished the reins

of the fuels management flight to Senior Master Sgt. Darrell Williams agreed, "From the newest airman to the ranking senior NCO, the fuels management team ensures the people are taken care of, and the people take care of the mission. We take pride in knowing what each area does to ensure only clean, dry fuel reaches the skin of the aircraft. We know, with 100 percent certainty, when pilots receive fuel from Team McGuire, they can rest assure the fuel their life depends on is on spec."

The winner of the AMC competition moves on to compete at the Air Force level for the American Petroleum Institute Trophy, recognizing the best fuels flight in the Air Force.

Earthquake relief efforts continue



Photos by Tech. Sgt. Jeromy Cross

Master Sgt. Perry O'Brien, 818th Contingency Response Group, directs a pallet onto a truck in support of earthquake-relief efforts at Chaklala Air Base, Pakistan. The pallet of supplies will eventually go to earthquake victims. Sergeant O'Brien is part of a 46-member team that deployed from McGuire as part of the U.S. effort to provide support based on requests from the Pakistani government.

Left: Tech. Sgt. Rick Harbaugh, 818th CRG, installs a communication cable in support of Pakistan earthquake-relief efforts while at Chaklala AB, Pakistan. Sergeant Harbaugh is deployed from McGuire.

News briefs

Force shaping

A force shaping board will convene in 2006 and continue to meet annually to properly shape the officer corps to meet emerging Air Force needs.

Instituted by the Air Force, the board will be a regular aspect of force management and development in the future.

This first force shaping process will 'select-in' approximately 7,800 line officers commissioned in 2002 and 2003 to continue to serve in our active Air Force.

Eligible officers may continue to apply for voluntary separation until March 1, using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

Eligibility criteria differs among the programs, and interested officers are encouraged to consult information presented at the Air Force Personnel Center Force Shaping Web site at www.afpc.randolph.af.mil/retsep/shape2.htm or visit the MPF.

Climate assessment

The Air Force Climate Assessment Survey is available until Nov. 23 at <https://afclimatesurvey.af.mil>.

The purpose of the survey is to provide feedback for leadership to use in improving their units.

Pregnancy 101

Class prepares parents for life during, after pregnancy

By Airman 1st Class Rachel Martinez
Public Affairs Specialist

New and experienced parents gather in the 305th Medical Group clinic for a pregnancy class the second Monday of each month.

Pregnancy 101, offered by family advocacy, is designed to prepare parents for what to expect throughout pregnancy, and after.

The class was formerly known as Early Pregnancy, but the name was recently changed to help boost class attendance.

"A lot of people in their second and third trimesters saw the class name and thought they were too late to attend the class, but really, they too can benefit from this class," said Amy Thomas, family advocacy registered nurse. "It doesn't just cover the first part of pregnancy, it covers all of it. Everyone should attend the class to get information and to connect with base resources."

The class is led by Ms. Thomas, who has been working for family advocacy for the past 10 years. Guest speakers from TRICARE, the Health and Wellness Center, public health, the pediatric clinic, the dental clinic and physical therapy also provide parents with information needed to have a successful pregnancy.

The TRICARE briefing for expecting parents provides basic information on choosing a medical care provider during and after pregnancy, as well as information on how to enroll the newborn baby in TRICARE and DEERS.

Following the TRICARE brief, Staff Sgt. Michelle Clinton-Hahn, from the Health and Wellness Center, briefs prenatal nutrition. She covers topics such as proper weight gain, calorie needs, essential nutrients, foods to limit, things to avoid and solutions for pregnancy problems, such as nausea.

Also from the HAWC, Rebecca Rhodes, an exer-



Photos by Kenn Mann

Staff Sgt. Michelle Clinton-Hahn, Health and Wellness Center nutritionist, briefs participants in family advocacy's Pregnancy 101 class, on prenatal nutrition. She informed participants about what kinds of food they should be eating and how much. The HAWC is one of many organizations that give a short briefing as part of the class.

cise physiologist, teaches attendees about exercise during pregnancy.

"A lot of people don't exercise when they are pregnant, because they hear these myths about taking it easy," she said. "The truth is if you have no pre-existing health conditions, moderate exercise is going to help you."

Some of the benefits of exercising during pregnancy include: decreased back pain, weight control, stress reduction and the possibility of an easier delivery, according to Ms. Rhodes. She also stresses fitness safety for those pregnant women exercising, such as avoiding the

supine position, staying out of the heat, drinking plenty of fluids and including a proper warm-up and cool-down during their exercise.

The next briefing is from public health and begins with ergonomics and how pregnant women can avoid lower back pain and carpal tunnel syndrome. Public health also briefs on household hazards such as cleaning chemicals, environmental factors to be aware of and how to prevent communicable diseases.

The pediatric clinic then informs parents about the services they offer and when they should make appointments for their child.

Next, a representative from the dental clinic discusses oral hygiene for pregnant women and

newborn babies. They also cover children's tooth development and what parents can expect and should be aware of.

One of the last briefings in the class is from the physical therapy unit. This briefing covers proper body mechanics. This includes good

positions for pregnant women to sit and sleep, as well as some simple exercises they can perform.

"This part was the most helpful," said class participant Senior Airman Regina McFarland. "I needed help with my posture and how to

sleep. If there is stuff I don't know, I usually do my own research on the Internet, but I came to the class because I wanted to see what else I could learn. I thought the class was excellent, and I recommend it to all new parents, and even for people who just need a refresher."

Ms. Thomas wraps up the class by going over fetal growth and development, using diagrams and simple explanations. She lets parents know exactly what is happening to the baby at certain points during the pregnancy.

"I liked the explanation of the fetal development," said Maj. Vanessa Dornhoefer, who is pregnant with her first child. "It was a nice explanation, and it was very thorough. I wish I had gone to it sooner."

Besides the Pregnancy 101 class, family advocacy offers a number of other classes for new and experienced parents. Ms. Thomas can also provide parents with additional information on any questions they might have and is available for home visits before and after the baby is born.



Amy Thomas, family advocacy registered nurse, begins class by informing parents what other services are available to them during and after pregnancy.

Make contact

For more information on Pregnancy 101 and other family advocacy classes, call 754-9680.

Eagle Flag 06-1 finishes, but the learning goes on

By Master Sgt.
Dominique Brown
Eagle Flag 06-1 Public Affairs

NAVAL AIR ENGINEERING STATION LAKE-HURST, N.J.— Being prepared to deploy is the key to success of the Air Force's expeditionary mission. This is where Eagle Flag comes in.

The two-week exercise, held Oct. 18 to 28, tested Airmen on a multitude of expeditionary combat support skills. Participants for the exercise are chosen based on their potential to deploy for real-world air expeditionary force taskings.

The goal, according to officials with the Air Mobility Warfare Center's 421st Combat Training Squadron, is for Airmen to gain insight into the conditions and situations they may encounter at a deployed location.

The latest Eagle Flag brought in Airmen of all ranks, multiple career fields and Air Force bases from around the world.

"We don't look at this as

training," said Tech. Sgt. Todd Charlesworth, 421st CTS instructor, who has worked on Eagle Flag since the inception of the field exercise two and a half years ago.

"The leadership message is that everyone should come here fully trained. This is the dress rehearsal," said the cadre member.

Not to be taken lightly, Eagle Flag requires setting up operations from a bare-base site to a fully operational air field and is structured to challenge personnel on all levels.

"This is the most comprehensive exercise for deployment preparation I've ever seen," said Master Sgt. Scott Petrin, a contingency contractor stationed at Eielson AFB, Alaska. "I have deployed five times, and this is very realistic."

Conditions during Eagle Flag 06-1 included participants wearing the full battle ensemble, eating meals ready to eat and combating the elements of a torrential rain while working 14- to 20-hour days.

"I was impressed with the dedication of the folks," said Col. Albert Zelenak, who served as the 421st Air Expeditionary Group commander for the exercise, from Wright Patterson Air Force Base, Ohio. "Even after the long days and minimal sleep, people were still gung-ho and motivated."

Besides the challenging living and working conditions and operating around the clock to build a base from the ground up, Eagle Flag 06-1 also incorporated possible real-world threats — such as responding to or deterring terrorist threats or chemical attacks.

"Units need to take Eagle Flag seriously," Colonel Zelenak said. "This field exercise gives people the experience they are going to require. Don't shortfall these taskings — put your people in for them."

Maj. Jackie Day came to Eagle Flag from Langley AFB, Va. and filled the role as the exercise site medic.

"I was deployed previously to Saudi Arabia and wish I had been able to do some-

thing like this before going. The scenarios put you face-to-face with real possibilities you could encounter on a deployment," said the major, who also recently finished a two-year tour as an AEF tasking scheduler.

Recent Eagle Flag participants are not the only ones who feel the exercise is beneficial.

"Feedback we get from participants is that this is good exposure and experience before going on a deployment," Sergeant Charlesworth said.

Although personnel came from different bases with a variety of missions, teamwork and camaraderie were established immediately.

"The mission was clear, and everyone pulled together and tackled the tasks at hand," Colonel Zelenak said. "I could see the team build stronger as we progressed."

And just like a real deployment, friendships and contacts were made.

"The relationships built here will continue well beyond Eagle Flag," the colonel added.



Senior Airmen Jeff Bury and William Glidewell, both from the 613th Security Forces Squadron at Andersen AFB, Guam, watch over an entry control point to an Air Force encampment as part of opening operations for Eagle Flag 06-1 Oct. 21.



Photos by Tech. Sgt. Scott Sturkol

Above: Staff Sgt. Ricky Faulk, security forces journeyman with the 613th Security Forces Squadron, Andersen Air Force Base, Guam, takes up a position in the woods as part of patrol detail during operations for exercise Eagle Flag 06-1 Oct. 22.



Left: Capt. Kevin Walker and Senior Airman Winter Gibson, both with the 613th Security Forces Squadron at Andersen AFB, Guam, discuss setting up force protection measures while setting up their encampment during Eagle Flag operations Oct. 21.



An Airman from the 613th Contingency Readiness Group, Andersen AFB, Guam, moves concertina wire into place during Eagle Flag.



Photo by Capt. Dave Westover

Airmen assigned to the 421st Air Expeditionary Group erect a tent as part of Eagle Flag 06-1 operations. The effort was part of the build-up by air expeditionary group forces who had arrived the previous day.

At the Movies

Today
"Flight Plan"
 Rated PG-13

Saturday
"Corpse Bride"
 Rated PG

Nov. 11
"An Unfinished Life"
 Rated PG-13

Nov. 11
"Serenity"
 Rated PG-13

Show time is 7:30 p.m. for all movies unless otherwise noted. Ticket prices are: adults \$3.50, children \$1.75.

Career and Education

Right decision briefing

First- and second-term Airmen with less than 15 months until their separation date should contact Career Assistance Advisor Senior Master Sgt. Gerald Alexander. Briefing dates are Tuesday and Nov. 29. To schedule an appointment, call 754-4636 or e-mail career.advisor@mcguire.af.mil.

Burlington County College

BCC's hours of operation are Monday through Thursday 8:30 a.m. to 3 p.m. and Friday 8:30 a.m. to noon. For more information, visit Building 1911, Room 209, or call 754-2577.

The McGuire BCC office has temporarily discontinued placement testing. Placement tests may be taken at the Pemberton-Browns Mills campus by walk-in or appointment. To make an appointment, call 894-9311.

Embry-Riddle

Office hours are Monday through Thursday 9 a.m. to 5 p.m. and Friday 9 a.m. to 1 p.m. For more information, call 754-5353.

Thomas Edison

Thomas Edison offers more than 130 online courses that support Community College of the Air Force completion. To register, visit Building 1911, Room 211, from 9 a.m. to 3 p.m. For more information, call 723-1592 or 754-5348.

Playgroup dress-up



Photo by Carlos Cintron
 Jennifer Colbert, wife of Staff Sgt. DJ Colbert, Air Mobility Warfare Center, adjusts of the hard hat for Noah Colbert, 2, at the family advocacy play group costume party Oct. 26. Family advocacy sponsors weekly play groups from 11 a.m. to 12:30 p.m. at CDC I. Play group for ages children 18 months to 3 years old is held Mondays, and play group for children birth to 18 months is held Wednesday.

Troops to teachers

Education Services will host a Troops to Teachers seminar 10 a.m. Nov. 17. The location is to be determined. Troops to Teachers is a federally funded program that assists eligible military personnel transition to a new career as public school teachers.

Participants will be provided information regarding certification requirements, routes to certification and employment leads. Call 754-5346 to register.

Tuition assistance

Tuition assistance is available online via the Air Force Virtual Education Center Web site at www.my.af.mil/afvoecprod or via a link on the Air Force Portal. Members are required to have a degree plan on file at the education office. If they do not, they will not be authorized tuition assistance. Online TA is mandatory. For a complete list of necessary steps to apply, visit: <https://private.mcguire.af.mil/intrainfo/McGuireAll/2005>.

Air National Guard

The New Jersey Air National Guard is offering an enlistment bonus to prior service members in

select AFSCs. New Jersey Air Guard members are eligible for free college tuition at state-run colleges and universities in addition to their GI Bill benefits. For more information, contact the 108th Air Refueling Wing's Recruiting Office at (866) 466-5264 or visit www.108arw.ang.af.mil.

Ceremonies

Retirements

● **Chief Master Sgt. Orlando Stewart**, 816th Contingency Response Group, will retire during a ceremony 10 a.m. Thursday in the enlisted club. To R.S.V.P., call Senior Master Sgt. Curtis Berge at 754-6604, or send an e-mail to curtis.berge@mcguire.af.mil.

● **Tech. Sgt. James Tollack**, 21st AMOS, will retire during a ceremony 11:30 a.m. Thursday in the David E. Bass Communications Building. For more information, call Master Sgt. Douglas Luhr at 754-1332.

● **Master Sgt. Michelle Miller-Callender**, 819th Global Support Squadron, will retire during a ceremony 10 a.m. Nov. 23 in the Global Reach Deployment Center

(Building 3403). For more information, call Master Sgt. Caroline Savage at 754-8034.

Arts and Crafts

Arts and Crafts Center

The Fort Dix Arts and Crafts Center, Building 6039, is open Tuesday through Thursday from noon to 5 p.m. and 6 to 8:45 p.m., Friday 11 a.m. to 4:45 p.m., and Saturday 9 a.m. to 4:45 p.m. For a complete list of classes and for more information, call 562-5691.

● Quilts for kids

The first Saturday of each month 11 a.m. to 3 p.m.

● Adult craft classes

Tuesday — flannel scarf
 Nov. 15 — family platter
 Nov. 22 — mosaic plaque, baby quilt 6 to 8:30 p.m. Registration is \$5 plus materials.

● Beginners' crocheting class

Nov. 15 from 6 to 9 p.m.

● Rubber stamping classes

Tuesday — fall and Thanksgiving cards

Nov. 15 — altered notebooks
 Tuesdays from 6:30 to 8:30 p.m.

● Children's craft classes

Saturday — leaf stamping
 Nov. 19 — star wall plaque for children ages 6 to 12, from 2:30 to 4 p.m. Registration is \$5 plus materials.

● Crafty birthday parties

include up to two hours of party-room use, one craft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday child.

Choices of crafts range from ceramic painting, create-a-critter stuffed animals to jewelry and other popular crafts.

● **Framing class** requires pre-registration and costs \$10 plus materials purchased the day of class. Students should bring a piece to frame that's no larger than 8x10 inches.

● Ceramics studio

Tuesday, Wednesday and Thursday noon to 5 p.m. and 6 to 9 p.m., Friday 11 a.m. to 5 p.m. and Saturday 9 a.m. to 5 p.m.

Volunteers

Base tour guides

The 305th Air Mobility Wing Public Affairs office is seeking volunteer base tour guides. Tour season runs from March to mid-November.

For more information, call the public affairs office at 754-2104.

Big Brothers/Big sisters

Big Brothers Big Sisters of Burlington County is looking for volunteers to mentor youth ages 5 to 18. For more information, contact Maggie McKelvey, program director at maggie.mckelvey@burlcobbigs.org or call 261-4960.

Native American Heritage Month

The Native American Heritage Committee needs help in planning activities for Native American Heritage Month in November. All are welcome to volunteer. Call Georgia Dupuis at 754-2214 or Staff Sgt. Maria Frazier at 754-3145 for more information.

Tax assistance representatives

Volunteers are needed as income tax assistance representatives. Active duty, retirees, civilian employees and family members over age 18 years are eligible. VITA representatives assist active-duty members, retirees and their families by filing their state and federal income tax forms.

The IRS training class is free. Volunteers will be informed as soon as an IRS training date is announced. For more information, contact Tech. Sgt. Cathy DeAbreu at 754-6892.

Miscellaneous

McGuire 56

McGuire 56 is an organization for Airmen, with ranks E-5 and E-6, who actively participate in activities on base. For information, call Staff Sgt. Josh Copeland at 754-3239.

Honoring veterans

Team McGuire members are invited to attend a special program honoring Veterans on Monday from 1 to 2:15 p.m. at New Jersey United Christian Academy on 73 Holmes Mill Road, Cream Ridge, N.J. The event is free. For more information, call 738-2121.

Airmen's Attic

Located at 3446 Broidy Ave., the attic is open from 10 a.m. to 2 p.m. Monday, Wednesday and Friday. Children's clothing sizes infant to 6x, seasonal items, furniture, appliances and more are available to service members, E-4 and below, and their spouses. For more information, call 754-8703.

Identifying potentially handicapped students

The North Hanover School District invites staff, parents and agencies in the school district to participate in the identification of children between the ages of 3 through sixth grade, who may be educationally handicapped and who are not receiving special education and/or related services as required by law.

Individuals may participate in the identification of these students by providing a written, detailed description of the difficulties that are preventing the student from being successful in a regular school program to the principal or his designee. For more information, call 758-9725 or 758-9726.

Kids and Teens

Youth center activities

For more information about activities hosted by the McGuire Youth Center, call 754-KIDS.

• Karate classes

Saturday 9 to 10:20 a.m., beginners, ages 6 to 9; 10:20 to 11:40 a.m., intermediate, ages 10 to 14; 11:40 a.m. to 1 p.m. and Wednesday from 7:30 to 8:45 p.m., advanced students, adults.

• Midnight basketball

10 p.m. to midnight today — free.

Cub Scouts

People interested in joining Cub Scouts, can contact Cub Scout Pack 199 by calling Todd Charlesworth at 723-5740.

Civil Air Patrol

The Civil Air Patrol is seeking new members. CAP is a program for youth ages 12 to 18 that provides leadership training, technical education, powered and non-powered flight orientation, scholarships and career education. For more information, contact Major Michael Sperry at 239-4616 or send an e-mail to msperry1@comcast.net.

Community

Family support center activities

For more information about FSC events and activities, call 754-3154.

• Divorce care

This group meets the first and third Thursday of every month from 4 to 5:30 p.m. at the FSC. It enables participants to have a better understanding of what they're going through, provides them with support from others in similar situations and assists in the process of readjustment in their life.

• Resume seminars

A civilian resume writing seminar will be held Tuesday from 10 a.m. to noon at FSC.

A federal resume writing seminar is Wednesday from 10 a.m. to noon at the FSC.

• Sponsorship training

Training is Tuesday from 1 to 2:30 p.m. at the FSC. AFI 36-3011 requires all first-time sponsors, and those who have not sponsored a newcomer in the past year to attend this training.

• Kids on the Move

This event is Wednesday from 5:30 to 7 p.m. at the FSC. All youth 8 to 12 years old may attend. Participants will enjoy snacks, games and more, while learning skills on how to deal with relocation and keeping in touch with friends.

• Kids/Teens on the Move

This event is Nov. 16 from 5:30 to 7 p.m. at the FSC. All youth 13 years old and up may attend. Participants will enjoy snacks, games and more, while learning skills on how to deal with relocation and keeping in touch with friends.

• Single Parent Network

Single parents are invited to unite for support, ideas and information Nov. 14 from 11:30 a.m. to 12:30 p.m. at the FSC.

Family advocacy

For more information about or to register for family advocacy programs, call 754-9680.

• Pregnancy 101

Topics help prepare parents for what to expect throughout pregnancy. Guest speakers include experts from pediatrics, physical therapy, dental, TRICARE, public health, nutrition and family advocacy. The class is held the second Monday of each month from 9 to 11:30 a.m.

• Fathers-to-be

Class is taught by dads, for dads, and is held the third Thursday of each month from 5 to 6:30 p.m.

• Marriage with babies

Class topics help expectant parents to learn how a new baby impacts their marital relationship. Class is offered quarterly the first Friday of each month at Child Development Center I from 6:30 to 8:30 p.m.

• Playgroup

This informal setting allows children to play while parents socialize

from 11 a.m. to 12:30 p.m. at CDC I. Monday, ages 18 months to 3 years; Wednesday, birth to 18 months.

Spiritual

For more information about spiritual services, call 754-HOPE.

Worship services

• Catholic Mass

Monday through Thursday at 11:35 a.m., Saturday at 5 p.m., Sunday at 9 a.m. at Chapel I.

• Islamic Zuhr prayer

Monday through Friday at noon at the Fort Dix Chapel.

• Jewish Sabbath worship

The first and third Friday of each month at 6:30 p.m. at the Fort Dix Chapel.

• Protestant

Traditional

Sunday, 8 a.m. at Chapel II

Gospel

Sunday, 11 a.m. at Chapel I

Evangelical

Sunday, 11 a.m. at Chapel II

• Wiccan study group

The first Tuesday each month at 6:30 p.m. at Chapel II.

OCF

The Officers' Christian Fellowship meets for Bible study the first and third Monday of every month at 6:30 p.m. at Chapel II.

CWOC

The Catholic Women of the Chapel meets the third Sunday of every month at 7 p.m. at Chapel I annex. Childcare is provided. For more information, call Duska at 723-2766.

Club Beyond

This club, for junior high and high school teens, meets to play games, do group activities and perform skits. High school youth meet Tuesday at 7:30 p.m., and junior high youth meet Tuesday at 6 p.m. For details, call Scott Schesser at 754-5904.

PWOC

Protestant Women of the Chapel Bible studies are every Thursday at Chapel II from 9 to 11 a.m. For details, call Kellie Hill at 732-0981.

Knights of Columbus

The McGuire Knights of Columbus Catholic Fraternal organization is looking for Catholic men who want to be involved in their community. For details, call Larry Barroner at 723-6255.

In the Spotlight

Name: Denise McLane

Age: 29 +

Hometown: Philadelphia

Family: Mother, aunts, uncles and cousins

Duty title/unit: 305th Air Mobility Wing judge advocate chief of contract law

Time in service: Six years in the Air Force and at McGuire



Denise McLane

What I like most about being stationed at McGuire: The teamwork and camaraderie — people here want to do the right thing.

The military member who influenced my career the most is Gen. Richard Mentemeyer, former 305th AMW/JA commander. Coming from a civilian background and having experience, I was impressed with his commitment to the military, all of his employees, and his very positive attitude and influence.

My proudest military moment is when I was recognized as Air Mobility Command's civilian attorney of the year in 2004.

Five years from now, I'll hopefully be working as a government attorney, further perfecting my skills.

Supervisor's comments: "Ms. McLane is a truly outstanding attorney and member of the "Can Do" team here. Her personal commitment to providing on-target and thoroughly researched legal advice has definitely contributed to making McGuire a great place to live and work. She is a recognized expert on contract and fiscal law issues throughout the command, and her dedication is simply unmatched."

— Lt. Col. Del Grissom
305th AMW staff judge advocate

Halvorsen Dining Hall Menu

Today

Lunch

Sauerbraten
Jaeger schnitzel
Grilled bratwurst

Dinner

Seafood
newburg
Beef and corn pie
Roast Turkey

Saturday

Lunch

Baked fish
Hungarian
goulash
BBQ chicken

Dinner

Baked chicken
Swedish
meatballs
Creole shrimp

Sunday

Lunch

Beef and broccoli
stir fry
Turkey nuggets
Strip loin steak

Dinner

Oven fried fish
Cantonese
spareribs
Mustard chicken

Monday

Lunch

Southern fried
chicken*
Cannelloni
Spaghetti with
meatballs

Dinner

Pot roast
Oven fried fish
Roast pork loin

Tuesday

Lunch

Country captain
chicken
Meat loaf
Turkey curry

Dinner

Teriyaki chicken
Veal parmesan
Shrimp scampi

Wednesday

Lunch

Lemon herb
chicken
BBQ ribs
Stuffed pork chops

Dinner

Turkey noodles
BBQ ham
Beef stroganoff

Thursday

Lunch

Roast pork loin
Jaeger schnitzel
Cornish hen

Dinner

Herb baked
chicken
Creole macaroni
Southern fried
catfish

Menu items are subject to change due to availability. For more information, call 754-2527.

* Denotes a
Healthy Heart
Menu item

Visit us on the web for the full 28 day menu
www.305services.com



Can Do Crew



There is no "Can Do Crew" submission this week, but be aware that the "Can Do Crew" is everywhere, looking for outstanding service. They covertly seek members of Team McGuire who

make a difference, identifying and recognizing only the best. Remember, the strongest asset of Team McGuire is its people. You are what makes McGuire a better place to live, work and play.



What's My Line?

The rules

1. Write a humorous or imaginative caption or cutline.
2. All entries must be submitted by noon Monday. Forward e-mail to airtides@mcguire.af.mil or drop off entries at the 305th Air Mobility Wing Public Affairs office.
3. Entries are limited to two captions or cutlines per person.
4. The person with the funniest or most imaginative caption or cutline gets a 305th Services Squadron grab bag, which includes a variety of freebies.
5. Prizes are provided by the 305th Services Squadron. Winners can pick up their prize at the 305th Services Marketing office, Building 2905, at Pudge Circle.



Winner: "It takes a lot of concentration to make the smallest doughnut in the world."

— Cindy Roberts
305th Aerial Port Squadron



Write a caption or cutline for this photo. The writer whose caption or cutline is the funniest or most imaginative will be printed in the following week's issue.

Team McGuire on the street

If you could give young Airmen one piece of advice, what would it be?



Tom Vance,
Retired technical sergeant
"Reenlist."



Master Sgt. Anthony Lee,
305th Mission Support Group
"Be true to your profession."



Master Sgt. Charles Latwinski,
305th Mission Support Squadron
"Take advantage of educational
benefits."



2nd Lt. Lisa Charles,
305th MSS
"Listen to your first sergeant."

Crossword puzzle: Native American history month

ACROSS

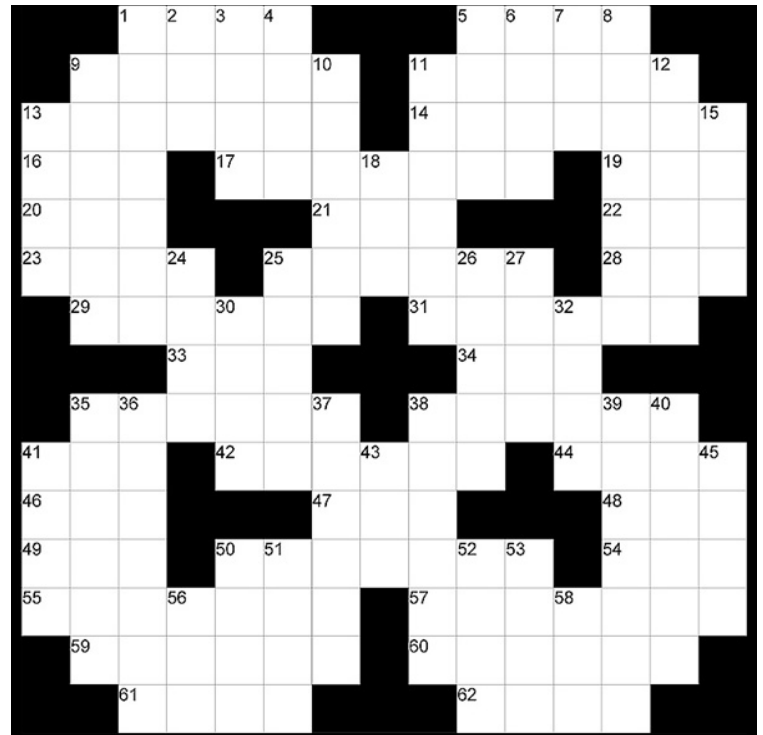
1. Wear out
5. Stork like wading birds
9. Clock in at work
11. Soul
13. Unblemished meal
14. So soon
16. Iron or Industrial
17. Endeavored
19. War from 1914-1918, in short
20. Horse doc
21. Native American people formerly inhabiting U.S. Southwest
22. Quick rest
23. Messy one
25. Native American people formerly inhabiting U.S. Southeast
28. MDs workplaces
29. Native American people inhabiting U.S. Southwest and Mexico
31. Attacked
33. USAF intel org.
34. Hockey great Bobby
35. Custard filled pastry
38. Perspires
41. Burn residue

42. ___ _ time; single file

44. Cuts grass
46. Slalom
47. Scout's org.
48. Chop
49. Relative
50. Follower
54. Also
55. Suffocate
57. Sincere
59. Breccia
60. Shrubs or small trees of the genus Rhus; "poison" plant
61. Actress Hudson
62. Dollops

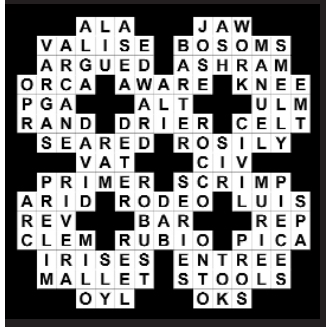
DOWN

1. Uppermost part of an elm
2. Ret. fund
3. ___ of passage
4. Days before
5. Atoll
6. American naval officer and explorer Richard
7. Frozen water
8. Native American people formerly inhabiting parts of Ohio Valley
9. *Murder She Wrote's* Landsbury
10. Guarantee
11. To whom monies are paid; employees
12. Pirate Teach; "Blackbeard"
13. RQ-4 Global Hawk and RQ-1 Predator
15. High-pitched barks
18. Dined
24. Ancient Semitic fertility, nature gods; Biblical false gods
25. Towing need
26. Native American people formerly inhabiting Great Plains
27. USAF aircrew training requirement



By Capt. Tony Wickman

Oct. 7 answers



30. Goodbye, in a fashion
32. Measurement weight
35. Native peoples inhabiting North American Arctic coastal regions
36. Native American people formerly inhabiting U.S. Pacific Northwest
37. Drill again
38. Asserts
39. Native people once inhabiting central, southern Mexico
40. Nike symbol; make a rushing

- sound
41. Queries
43. Donkey
45. Observe
50. A single, double, or triple in baseball (two words)
51. Tennis great Sampras
52. Celebrate
53. Writer Bombeck
56. Mil. pay during PCS
58. Capture a crook

Military Appreciation Concert



*Featuring
Country Music
Superstar*

Aaron Tippin



**McGUIRE AFB
FRIDAY, NOV 4**

**3:30 p.m. A-Bay
FREE ADMISSION**

**OPEN TO ALL ACTIVE DUTY MILITARY, RESERVE MILITARY, RETIRED MILITARY, MILITARY FAMILY MEMBERS
AND AUTHORIZED PERSONNEL WITH BASE PRIVILEGES • FOOD AT 3:30 PM; CONCERT BEGINS AT 4 PM**

Autographs

**FREE FOOD &
BEVERAGE**

Sponsored by
**Trading
Spaces**



is proud to host this super event for all the
men and women in service to America, and for those
who support them here at home.

FOR COMPLETE INFORMATION, CALL 609.784.1485

No endorsement of sponsor implied



Weight training

Photo by Brian Dyjak
Army Staff Sgt. Jeremy Perez, Army NCO Academy instructor, lifts weights at McGuire's fitness center. The fitness center offers a variety of services to meet its customers fitness needs, to include cardio equipment, free weights and aerobic classes. For more information, call 754-6085.

Fall fit-to-fight running track schedule

Fitness testing times:

May 1 – Sept. 30

8 to 11:30 a.m.

1 to 3:30 p.m.

Oct. 1 – April 30

9 to 11:30 a.m.

1 to 3:30 p.m.

Testing times must be scheduled in the HAWC calendar by unit fitness monitor

Open physical training times:

May 1 – Sept. 30

Before 8 a.m.

11:30 a.m. to 1 p.m.

After 3:30 p.m.

Oct. 1 – April 30

Before 9 a.m.

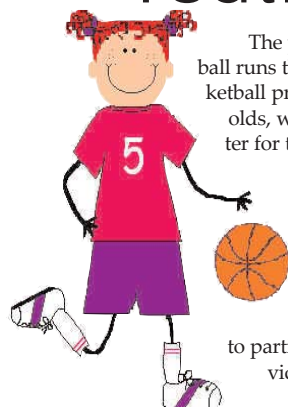
11:30 a.m. to 1 p.m.

After 3:30 p.m.

Note: Only members testing or administering the test may occupy the track during testing hours.



Youth basketball



The youth center sports program registration for youth basketball runs through Nov. 18. The cost of the Jr. NBA and Jr. WNBA basketball program is \$35 for 5- to 8-year-olds and \$45 for 9- to 15-year-olds, which includes a full uniform. Additionally, youth can register for the basketball cheerleading program, which costs \$45.

It's required for all participants to be current Youth Programs members, and all members, age 9 and older, must be currently enrolled in the Fit Factor program at www.afgetfit.com. There's no charge for Fit Factor. There will be a \$10 late fee added for those who register after Nov. 18.

Annual physicals are mandatory for all ages in order to participate in the youth sports program. Members need to provide a copy at the time of registration.

For more information, call Kevin Hansen at 754-5911.



Pigskin Picks

"Frank, looks like I'm ready for Vegas! Go Cowboys!"

— Tech. Sgt.
Shane Proctor
714th Aircraft Maintenance
Squadron
Sergeant Proctor missed two guesses



Senior Airman
Ashley DiFalco
Pigskin Guru

Each week during football season, the **Airtides** publishes a list of the National Football League games for the upcoming week. Team McGuire members can submit their predictions, including the winner and the total points for the Monday night game.

The person who guesses the most correct outcomes wins a 305th Services Squadron prize.

The person or people with the worst record receives the "You Don't Know Jack" award, which encompasses no physical prize.

This week's "Jack" prize goes to **Lt. Col. Jonathon Spare**, 514th Air Mobility Wing Safety office. Colonel Spare missed eight guesses. It was a bad week for the colonel ... he's an Eagles fan.

All entries must be submitted before the opening kickoff to the first game Sunday. The total points of the Monday game determine the winner if there's a tie for the week. Send an e-mail to airtides@mcguire.af.mil, with the words "pigskin picks" in the subject line.

Week nine games:

Sunday

Falcons vs. Dolphins

Raiders vs. Chiefs

Titans vs. Browns

Lions vs. Vikings

Panthers vs. Buccaneers

Chargers vs. Jets

Texans vs. Jaguars

Bengals vs. Ravens

Bears vs. Saints

Seahawks vs. Cardinals

Giants vs. 49ers

Steelers vs. Packers

Eagles vs. Redskins

Monday

Colts vs. Patriots



Don't forget to include predicted total points for the **Colts/Patriots game**, your telephone number, and your name and rank.